

# Box Elder School Lunch Menu December 2005

## This Menu Meets the HealthierUS School Challenge Silver Criteria

Monday	Tuesday*	Wednesday	Thursday*	Friday
<p>November 28</p> <p>Chicken strips– 3 oz.</p> <p>Rice pilaf– 1/2 cup</p> <p>Egg roll– 1 each</p> <p>Pineapple– 1/2 cup</p> <p>Broccoli (fresh)- 1/2 cup</p> <p>Milk– 8 oz</p>	<p>November 29</p> <p>Hamburger gravy– 4 oz</p> <p>Mashed potatoes– 1/2 cup</p> <p>Green beans– 1/2 cup</p> <p>Wheat roll– 1 each</p> <p>Peaches– 1/2 cup</p> <p>Milk– 8 oz</p>	<p>November 30</p> <p>Rotini noodles and cheese- 1/2 cup</p> <p>Fun fish sticks- 3 oz</p> <p>Peas– 1/2 cup</p> <p>Pears– 1/2 cup</p> <p>Wheat roll– 1 each</p> <p>Milk– 8 oz</p>	<p>December 1</p> <p>Bean and Cheese Burritos– 5 oz</p> <p>Seasoned corn (frozen)- 1/2 cup</p> <p>Apple crisp– 1 portion</p> <p>Cinnamon grahams– 2 squares</p> <p>Milk– 8 oz</p>	<p>December 2</p> <p>French Dip Sandwich- 1 hoagie roll, 3 oz beef</p> <p>Steak fries– 1/2 cup</p> <p>Fruit cocktail– 1/2 cup</p> <p>Milk– 8 oz</p>
<p>December 5</p> <p>Meatloaf– 3 oz</p> <p>Baked potato– 1/2 cup</p> <p>Green beans– 1/2 cup</p> <p>Wheat roll– 1 each</p> <p>Peaches– 1/2 cup</p> <p>Milk– 8 oz</p>	<p>December 6</p> <p>Cheeseburger Macaroni– 4 oz</p> <p>Tossed salad– 1/2 cup</p> <p>Wheat roll– 1 each</p> <p>Pears– 1/2 cup</p> <p>Milk– 8 oz</p>	<p>December 7</p> <p>Super Nachos– 6 oz</p> <p>Seasoned corn– 1/2 cup</p> <p>Applesauce– 1/2 cup</p> <p>Milk– 8 oz</p>	<p>December 8</p> <p>Tuna Salad Sandwich– 2 slices bread, 3 1/2 oz tuna filling</p> <p>Tomato soup (6 oz)</p> <p>Crackers</p> <p>Fresh veggies(1/2 cup) with dip</p> <p>Red grapes– 1/2 cup</p> <p>Milk– 8 oz</p>	<p>December 9</p> <p>Soft shell chicken taco– 1 each</p> <p>Mixed vegetables– 1/2 cup</p> <p>Pineapple/mandarin oranges – 1/2 cup</p> <p>Milk– 8 oz</p>
<p>December 12</p> <p>Cheeseburger– 3 oz beef, 1 bun</p> <p>Baked chips– 2 oz</p> <p>Tossed salad– 1/2 cup</p> <p>Cherry cobbler– 1 portion</p> <p>Milk– 8 oz</p>	<p>December 13</p> <p>Baked chicken– 4 oz</p> <p>Mashed potato-3/4 cup</p> <p>Green beans– 1/2 cup</p> <p>Wheat roll– 1 each</p> <p>Cake, ice cream– 1 portion, 1/2 cup ice cream</p> <p>Milk– 8 oz</p>	<p>December 14</p> <p>Sub sandwich– 2 oz meat hoagie</p> <p>Chicken Noodle soup– 1 cup</p> <p>Fresh veggies (1/2 cup) with dip (carrots/celery)</p> <p>Jello w/ sliced apples/banana – 1/2 cup total fruit, 1/2 cup Jello</p> <p>Milk– 8 oz</p>	<p>December 15</p> <p>Tuna noodle casserole– 1 cup</p> <p>Peas and carrots– 1/2 cup</p> <p>Wheat roll– 1 each</p> <p>Pears– 1/2 cup</p> <p>Milk– 8 oz</p>	<p>December 16</p> <p>Chicken enchilada– 4 oz</p> <p>Fat-free refried beans– 1/2 cup</p> <p>Seasoned corn– 1/2 cup</p> <p>Peaches– 1/2 cup</p> <p>Milk– 8 oz</p>
<p>December 19</p> <p>Cheesy tuna rice casserole– 1 cup</p> <p>Peas and carrots– 1/2 cup</p> <p>Wheat roll– 1 each</p> <p>1/2 apple</p> <p>Milk– 8 oz</p>	<p>December 20</p> <p>Chili (6 oz) and corn chips (1/4 cup)</p> <p>Cornbread– 1 portion</p> <p>Fresh veggies (1/2 cup) w/ dip</p> <p>Crackers</p> <p>Pineapple– 1/2 cup</p> <p>Milk– 1/2 cup</p>	<p>December 21</p> <p>Sack lunch day</p> <p>Peanut butter and jelly sandwich</p> <p>Baby carrots– 1/2 cup</p> <p>Apple– 1 medium</p> <p>Sun chips– 2 oz</p> <p>Granola bar– 1 each</p> <p>Milk– 8 oz</p>	<p>December 22-January 1</p> <p>No school</p> <p>January 2</p> <p>Spaghetti w/ meat sauce- 3/4 cup noodle, 3 oz meat sauce</p> <p>Whole wheat French bread– 1 slice</p> <p>Green beans– 1/2 cup</p> <p>Peaches– 1/2 cup and Milk– 8 oz</p>	<p>January 3</p> <p>BBQ Chicken– 4 oz</p> <p>Baked potato– 1 small</p> <p>Frozen blueberries– 1/2 cup</p> <p>Corn on the cob– 1 small</p> <p>Wheat bread- 1 each</p> <p>Milk– 8 oz</p>

**\*Grades 1-5 receive relish trays (1/2 cup vegetable per child) on Tuesdays and Thursdays.** Relish tray consists of fresh cherry tomato, celery, cucumber, carrots, broccoli, cauliflower, and low-fat Ranch dressing. **\*Grades 6-8 receive salad bar in addition to the regular lunch line on Tuesdays and Thursdays.** Salad bar includes dark green lettuce, cherry tomatoes and red peppers, the same vegetables as offered on relish trays, and fat-free dressing.